



March 3, 2023

Dear Ellington Family -

Today, Friday, March 3rd is National Unplugged Day. On this day, the good people of the United States of America are encouraged – for a 24 hour period – to prioritize time to unplug, be active, connect with nature and friends and family. No doubt, this is a beautiful idea and worth the effort.

Yet, here I sit using my computer for the day just like the vast majority of adults and children working or attending school. When I get home on Friday evening, do I default to scrolling social media while binge watching a Netflix show with my wife? Perhaps. Will the kids head to their rooms and dive into hours of video games? Maybe. Ugh...it feels disconnected and tiresome and so very challenging to “break the programming.”

Rinse and repeat; it's automatic living in the matrix.

In 2019, when the Ellington Family – and society in general – was experiencing community unrest, the [Seeds of Civility](#) were born. The Seeds is a document developed with input from community volunteers and subsequently endorsed by Ellington’s Boards of Education, Selectmen and Finance. Unrest in the world continues but with the Seeds consistently applied to our school curricula, policies and practices, the Ellington Family’s quality of life will continue to improve.

With still much work to do: Enter, *Ellington Unplugged*.

What does it mean for the Ellington Family to be “unplugged” and in doing so will the quality of life – the education of our children – improve?

I believe this is a question worth answering. The creation of broad guidelines to drive school policy (e.g. cell phones) and support family based decisions is what Ellington Unplugged is all about.

Community Volunteers Needed

Should you be interested in exploring this question and developing a Seeds of Civility-esque document with members of the Ellington Family, please email myself at snicol@ellingtonschools.net.

Let us work together to create *#EllingtonUnplugged* moments in our schools and community.

Regards,

A handwritten signature in blue ink that reads "Scott Nicol".

Dr. Scott Nicol, Superintendent of Schools